

# How to spot a scam

## NATIONAL COUNCIL ON AGING

Seniors have become the target of financial scams around the country. Many scammers believe that older adults have a greater amount of money in their bank accounts. Scams and abuse range from Medicare fraud to financial abuse by a loved one.

- Protect yourself from scams, fraud, or abuse by following these tips:
- Be aware you are at risk from strangers – and those closest to you.
  - Don't isolate yourself – stay involved.
  - Always tell solicitors: "I never buy from (or give to) anyone who calls or visits me unannounced. Send me something in writing."
  - Shred all receipts with your credit card number.
  - Sign up for the "Do Not Call" list and take yourself off multiple mailing lists.
  - Use direct deposit for benefit checks to prevent checks from being stolen from

- your mailbox.
- Never give credit card, banking, Social Security, Medicare, or other personal information over the phone unless you initiated the call.
  - Be skeptical of all unsolicited offers and thoroughly do your research.
- It's suggested that caregivers watch for signs that may suggest an older adult has been a victim of fraud or abuse. Some of these signs may include: unusual recent changes in the person's financial accounts, atypical withdrawals, new person(s) added on an account, or if the senior suddenly appears confused, unkempt, and/or afraid. If the senior has adequate income but utility, rent, mortgage, or other essential bills are unpaid it may be a sign of abuse or fraud. It isn't unusual for a caregiver or other individual that has committed the crime to block access to a senior.
- Don't be afraid or embarrassed to report financial exploitation. Immediately



call your bank/credit card company, cancel any debit or credit cards linked to the account, and reset your personal identification numbers.

If you have been a victim of abuse or fraud, please call Adult Protective Services at 1-800-677-1116.

# Veterans (and non-veterans) needed as volunteers



BY VIKI BOWMAN  
Davis RSVP

Davis County has a need for volunteer drivers to take seniors to medical appointments. Veterans are especially needed for transporting other veterans. Davis County Senior Services provides the vehicles but drivers are needed.

"Volunteers are happier and healthier than non-volunteers. In fact, during later life, volunteering is even more beneficial for one's health than exercising and eating well," said Dawn C. Carr, MGS, Ph.D. In her "5 Reasons Why You Should Volunteer" blog published in Psychology Today, she reported that "Older people who volunteer remain physically functional longer, have

more robust psychological well-being, and live longer."

Veterans have a history of Answering the Call to Service for our country. They continue to report for duty as community volunteers here at home. Volunteering helps to promote a sense of purpose through service to others. Continued engagement provides social connectedness and personal value that sometimes diminishes as we age. This especially applies to veterans.

Veterans and non-veterans, do something good for yourself while doing something good for others! Please contact Davis RSVP at 801-525-5094 for more information or a listing of other volunteer opportunities.

## Living Well with Chronic Conditions Workshop begins

Living Well with Chronic Conditions is a workshop series that educates and helps participants find balance and improve their health if they have arthritis, high cholesterol, hypertension, obesity, stroke, anxiety/depression, emphysema, or many other chronic conditions. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and

carrying out their self-management program.

The next Living Well with Chronic Conditions Workshop series begins on Tuesdays, May 16-June 27, 3-5:30 p.m., at the University of Utah Farmington Health Center (165 North University Avenue, Farmington). There won't be a class on May 30.

For more information, call Morganne Housley 801-525-5087.

## Medicare 101 classes scheduled

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

- Wednesday May 17, 6:30-7:30 p.m. – Clearfield Library, 562 South 1000

East, Clearfield

- Wednesday, May 24, 6:30-7:30 p.m. – Bountiful Library, 725 South Main St., Bountiful

For more information about the Medicare 101 classes, contact Marie Jorgensen at 801-525-5086 or [mjorgensen@daviscountyutah.gov](mailto:mjorgensen@daviscountyutah.gov).

## Caregiver educational classes offered during May

Davis County Senior Services is offering free classes for individuals who care for family members that are older and/or frail.

Classes will be offered at two different locations twice a month throughout 2017. On Tuesdays, classes will be held at Fairfield Village (1201 N. Fairfield Rd., Layton), noon – 1 p.m. On Thursdays, classes are at Golden Years Senior Activity

Center (726 S. 100 E., Bountiful), noon – 1 p.m. A light lunch will be provided at the classes but attendees must RSVP to Megan Forbush at 801-525-5088 by Monday at noon for that class week.

Special thanks to Fairfield Village of Layton and Golden Years Senior Activity Center for hosting the classes and Visiting Angels, Right At Home, and Guardian & Conservator

Services Inc. for presenting.

Schedule:

- May 9 & May 11: Alzheimer's and Dementia – Kathy Sorenson, Visiting Angels
- May 23 & May 25: Guardianship – Deborah Brown MS, NMG, Guardian & Conservator Services Inc. (Sponsored by Right At Home)

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				4	5	6
				AG – Lunch Presentation by Utah Council of the Blind 11:30 GY – Craft Class 9:30 ND – **Attorney by Appointment Movie 12	AG – Arthritis Exercise 9 GY – **Ballet Folklorico Dinner & Show 6 p.m. ND – Cinco de Mayo Celebration 11:30	
7	8	9	10	11	12	13
	AG – Bingo 10:15 GY – Yoga 10 Arthritis Class 12:30 ND – Brain Games w/ LeAnn 10:45	AG – Lapidary 8:30 Square Dancing 12:30 GY – Blood Pressure 10 ND – Blood Pressure 10:30	AG – Overeaters Anonymous 6:30-8 p.m. GY – **Positive Aging 5-7 p.m. ND – Card Making 10:30 Food Bank	AG – Wire Wrapping 8:30 Tap Dancing 1:30 GY – Caregivers Class 12 ND – Take 5 Game 11 Movie 12	AG – **AARP Smart Driving GY – Line Dancing 9:30 ND – Mother's Day Celebration 11:30	
14	15	16	17	18	19	20
	AG – Lifetime Fit 9 DUP 12 GY – Jim Jensen on the Accordion 11:30 ND – Presentation Chancellor Gardens 11:30	AG – Reiki 10:30 GY – Lapidary 8:30 ND – **AARP Smart Driving Class Now You Know It Game 11:30	AG – Dancersize (New) 5:15 p.m. GY – **Trip to Kingsbury Hall/Lunch 9:15 ND – Presentation by Low Vision Services 11:30	AG – Memory Magic 11:30 GY – Luana's Combo Band 10:30 ND – Card Games 12:30 Knit & Crochet 12:30	AG – Lapidary 8:30 Canasta 1 GY – Stained Glass 9 ND – Crossword Puzzle 11:30 Texas Hold 'em 12	
21	22	23	24	25	26	27
	AG – Lunch/ Trivia of the Day 11:30 GY – Bingo 12:30 ND – Health Tips w/ Gina 11:30	AG – Art 9 Chair Tai Chi 10:30 GY – Wood Carving 9 Zumba 9:30 ND – Blood Pressure 10:30	AG – Lunch & Jeff w/ Humana 11:30 GY – Senior Social 11:15 ND – Breakfast for your Brain (in Spanish) 10	AG – Arts & Crafts 9 Food Bank GY – Caregivers Class 12 USU Food Sense 12:30 ND – Knit & Crochet 12:30	**AG, GY & ND May Birthday Party AG – Internet 101 9:30 GY – Tai Chi 9:30 ND – Bingo 12:30	
28	29	30	31	June 1	June 2	3
	Closed for Memorial Day	AG – **Ogden Nature Center 11:30 GY – Jewelry or Craft Class 12:30 ND – China Painting 9 Card Games 12	AG – Bingo 10:15 Ceramics 12 GY – Ceramics 9 Bingo 12:30 ND – Art 9 Bingo 12:30	AG – Water Ex 9 Lifetime Fit 9 GY – Arthritis Class 12:30 ND – Card Games 12:30 Knit & Crochet 12:30	AG– Arthritis Ex 9 Internet 101 9:30 GY – Sit N Fit 8:30 ND – Texas Hold 'em 12 Bingo 12:30	

\*\* Call Senior Activity Center to Make Reservation  
(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow  
(801) 444-2290  
81 East Center Street  
Kaysville, UT 84037

GY ~ Golden Years  
(801) 451-3660  
726 South 100 East  
Bountiful, UT 84010

ND ~ North Davis  
(801) 525-5080  
42 South State Street  
Clearfield, UT 84015

Davis  
COUNTY

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